

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:35	FE-1	PLANTS-2: payload status check
08:40–10:10	CDR	Physical exercise (RED)
09:10–10:10	FE-2	Physical exercise (TVIS)
10:10–10:45		PAO event: addressing Moscow students on the occasion of the Cosmonautics Day. Addressing the participants of the International Youth Conference (<i>Gagarin Lectures</i>) / ($T_0=10:11$; T1, T2, T3 will be initiated by the CПП Automated Daily Timeline)
10:45–12:15	FE-2	Physical exercise (RED)
11:00–12:30	FE-1	Physical exercise (TVIS-4)
12:30–13:30		LUNCH
13:30–13:35	FE-1	Calldown of CBO water supply status
	FE-2	IMS file auto import/export
13:35–13:40	FE-1	Calldown of CП flash counter status
13:40–13:45		ELECTRON-VM: monitoring air bubble in the gas/fluid mix
13:45–13:50		Inspection of БРПК separator
13:45–14:00	FE-2	Private family conference (<i>S-band</i>)
13:50–14:30	FE-1	Maintenance of COЖ
14:20–14:35	CDR	Private family conference (<i>S-band</i>)
15:00–16:00	FE-2	EKAM installation and activation
16:20–17:20	CDR	Physical exercise (TVIS)
16:40–16:55	FE-1	Private family conference (<i>home phone (TV ISS-MCC as backup)</i>)
17:00–18:00		Physical exercise (VELO + Load Trainer-1 / day 4)
17:30–18:00	CDR, FE-2	Robotics ops
18:00–18:15	FE-1	UROLUX setup
18:15–18:45		Daily plan review
18:45–19:15		Prep for work
19:15–19:30		Daily planning conference (<i>S-band</i>)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note: 1. See OSTP for references to US procedures
2. Task List: URAGAN Earth observations
DIATOMEA ocean observations
MOLNIYA

End of radiogram